CLAIMS:

1. A building panel comprising:

a plurality of spaced apart walls forming a plurality of cells;

apertures in said walls such that said walls forming each said cell include at least two apertures;

a substantially planar skin disposed adjacent and substantially perpendicular to said walls such that said cells are open on a side opposite said planar skin; and

a projection extending beyond at least one perimeter portion of said walls.

2. The building panel of claim 1, wherein said projection is formed by a portion of said skin.

3. The building panel of claim 2, wherein the skin comprises a beveled edge.

4. The building panel of claim 3, wherein the beveled edge is provided on at least two opposite edges of the skin.

5. The building panel of claim 1, wherein the panel comprises a slot along a perimeter portion of the length of the panel.

6. The building panel of claim 1, wherein the panel comprises a slot along a perimeter portion of the width of the panel.

7. The building panel of claim 1, wherein the panel comprises a slot along a perimeter portion of the panel, said slot sized and shaped to receive said projection of an adjacent panel.

8. The building panel of claim 1, wherein the skin covers the same area as the panel, but is offset relative to the panel.

9. The building panel of claim 1, wherein the cells have a cross section of one of the following shapes: square, rectangular, hexagonal, circular, other regular polygonal shape, other irregular polygonal shape.

10. The building panel of claim 1, wherein the walls and the skin are rigid.

11. The building panel of claim 1, wherein said panel is formed from plastics material.

12. The building panel of claim 1, wherein said panel is formed from metal.

13. The building panel of claim 1, wherein said panel is formed from aluminium.

14. The building panel of claim 1, wherein said spaced apart walls comprise of a first set of substantially parallel spaced apart walls and a second set of substantially parallel spaced apart walls.

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15. The building panel of claim 14, wherein said first set of spaced apart walls are substantially perpendicular to said second set of spaced apart walls.

16. The building panel of claim 14, wherein the apertures in said substantially parallel walls are aligned.

17. The building panel of claim 1, wherein the apertures are adapted to facilitate the passage therethrough of one or more of: reinforcing members, conduits, pipes, tubes, rods, cables.

18. The building panel of claim 1, wherein the panel comprises perimeter walls, which together define a quadrilateral.

19. The building panel of claim 18, wherein the perimeter walls together define a rectangle.

20. A method of constructing a building structure in a particular orientation from a plurality of building panels, each building panel comprising:

a plurality of spaced apart walls forming a plurality of cells;

apertures in said walls such that said walls forming each said cell include at least two apertures;

a substantially planar skin disposed adjacent and substantially perpendicular to said walls such that said cells are open on a side opposite said planar skin; and

a projection extending beyond at least one perimeter portion of said walls;

said method including the steps of:

securing a first building panel in said orientation; and

abutting a second building panel against said first building panel such that the projection of the first building panel overlaps the second building panel.

21. The method of claim 20, wherein a beveled edge of the skin of the first panel abuts against a beveled edge of the skin of the second panel.

22. The method of claim 20, wherein a slot of the second panel accommodates the projection of the first panel.

23. The method of claim 20, wherein the apertures in the walls of the first panel align with corresponding apertures in the walls of said second panel.

24. The method of claim 20, further including the step of securing said first and second panels together with fastening means.

25. The method of claim 20, further including the steps of securing one or more further panels to said first and/or said second panels.

26. The method of claim 20, further including the step of routing one or

more reinforcing members through aligned apertures of said walls.

27. The method of claim 20, further including the step of routing one or more of the following through aligned apertures of said walls: conduits, pipes, tubes, rods, cables.

28. The method of claim 20, further including the step of filling at least one cell with settable material.

29. The method of claim 20, further including the step of placing one or more inserts in one or more of the cells prior to filling the cells with settable material to prevent ingress of the settable material to said cell(s) containing the insert(s).

30. A method of constructing a building structure in a particular orientation from a plurality of building panels, each building panel comprising:

a plurality of spaced apart walls forming a plurality of cells;

apertures in said walls such that said walls forming each said cell include at least two apertures;

a substantially planar skin disposed adjacent and substantially perpendicular to said walls such that said cells are open on a side opposite said planar skin; and

a projection extending beyond at least one perimeter portion of said walls;

said method including the steps of:

securing a first of said building panels in said orientation; and

securing a second of said building panels in said orientation spaced apart from said first building panel.

31. The method of claim 30, further comprising the step of securing said second building panel such that said plurality of cells of said second panel face said plurality of cells of said first panel.

32. The method of claim 30, further comprising the step of coupling said first and second building panels with reinforcing members.

33. The method of claim 30, further comprising the step of introducing settable material in a space between said first and second panels.